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OK, NEW NEW YEAR'S RESOLUTION

METRO LOOKS AT WAYS TO STAY ON TRACK IN THE NEW YEAR

PAGE 15

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SOCHI BOUND

Students Ramy Rezkallah, right, and Sophia Trombetta, both 13, sign a Canadian flag being sent to Sochi after the opening of a Sochi Olympic exhibit at Canada's Sports Hall of Fame in Calgary, Monday. For more Olympic coverage, see page 18. LARRY MACDOUGAL/THE CANADIAN PRESS

1.2M travellers aided by 511 roads 'lifeline'

First anniversary. Alberta conditions website, hotline prove popular amid wintry conditions

JEREMY NOLAIS
jeremy.nolais@metronews.ca

More than a million travellers in a hurry to get going — even when it's snowing — have made use of Alberta's 511 road-conditions service in its first year of operations.

Figures provided to Metro on Monday indicate 1.2 million unique visitors have ventured to 511.alberta.ca, which features real-time road conditions, travel and construction advisories, as well the latest highway camera images.

The 511 phone hotline has also proved popular on days when navigating Alberta roads has proven particularly challenging. For example, on June 19 the service received just 192 calls; however, the very next day, more than 5,600 inquiries flooded the system as historic flood waters roared into the southern communities and left many major routes impassable.

Alberta Transportation spokesperson Karen Sigurdson said the service also proved valuable as record snowfalls blanketed Calgary in December and Edmonton was also hit with repeated winter blasts.

"I've had people tell me it's become their lifeline ... what we really want to do is give people the tools so they can make their own decisions about driving safety," Sigurdson said.

Edmonton resident Susan Funke touted the benefits of 511 after tweeting an inquiry about Highway 2 conditions at the service's operators Monday morning after a light dusting of snow hit the Calgary area.

"All morning I stewed about — 'Should I go? Should I not go?' " said Funke, who planned to visit some friends for the day. "Then they (511 operators) got back to me and said things were clear ... it took 5-10 minutes."

Sigurdson said the Twitter account her group keeps populated with real-time road reports has already garnered more than 30,000 followers and also allows travellers on the roadway to get in touch with operators and report developments at a rapid pace.

Overall, she said the service still has some kinks to work out — a top priority will be making 511's highway cameras accessible via smartphone.

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School. CCSD sees smaller classes for seniors

Calgary's Catholic high schools averaged 4.3 fewer kids than those run by the city's public board last semester, according to data compiled by the organizations.

The Calgary Catholic School District reported that its average Grade 10-12 class size sits at 25.3 students, compared to 29.6 kids in those operated by the Calgary Board of Education.

Catholic middle schools also reported 2.7 fewer kids, but their younger grade counts came in higher than the CBE's.

There were 23.1 kids in Grade 4-6 classes compared to 22.5 in the public board and 20.6 kids in KG-Grade 3 Catholic rooms compared to 19.4 in the public system.

The CBE, meanwhile, declined to discuss the differences, instead referencing a statement posted online outlining its budgeting decisions last year.

The greatest discrepancy between the boards was found in senior-student classrooms, fuelling debate among critics on whether the CBE made the right decision cutting high-school per-student grants the most during spring budget planning.

"I would have liked to see them spread it around more, with the exception of the littlest ones," said Frank Bruseker, president of the Alberta Teachers' Association local. He placed less blame on administrators than the province, claiming their budget last March failed to address the needs of a growing system. He said it's likely some high-schoolers will "fall through the cracks" as a result of reduced one-on-one time with instructors. JEREMY NOLAIS/METRO

Alberta needs to better foster tech sector: Deputy premier

Albertans need to embrace a larger role for government in fostering innovative startups that aren't directly involved in the resource sector for the benefit of long-term economic stability, the province's deputy premier said Monday.

"We need the community to be starting to say, 'Hey, this is appropriate. This is OK to do,'" said minister of innovation and advanced education Dave Hancock. "Because we've prided ourselves in government getting out of business."

Hancock's comments came during Innovate Calgary's 2014 Report to the Community, where president Peter Garrett said the city is home to the most startups per capita in Canada. Several entrepreneurs in attendance noted it remains difficult to raise capital for new, tech-based ventures in Alberta.

Hancock acknowledged the province's "struggles" in that regard.

"We do well until the price of oil goes up and then all the capital rushes back to what it knows and does well and where the returns are," he said.

The provincial government considered an innovation tax credit in the past, Hancock noted, but dropped those plans after vocal public opposition to the idea. ROBSON FLETCHER/METRO

CBE wants in-house staffers to build schools

Packed classes. New students expected to enrol by the thousands in years ahead

Calgary school trustees have asked the province to hand over the reins and allow its own staff to steer the construction of a slate of new facilities expected to be announced in the coming weeks or months.

The Alberta government already approved the Calgary Board of Education for six new school sites in May and later announced all but one would be built under a public-private partnership.

But Sheila Taylor, the organization's top trustee, wrote a letter to new provincial infrastructure minister Ric McIver late last month outlining concerns that if other schools slated to be announced in 2014 were built in the same manner, it could delay their openings until September 2017.

Enrolment lotteries

12

According to the CBE, 12 more schools are projected to introduce enrolment lotteries between 2014 and 2016, including Twelve Mile Coulee, Captain Nichola Goddard, Cambrian Heights, Saddleridge, West Springs, Westgate, William Reid, McKenzie Towne, David Thompson, Janet Johnstone and Canyon Meadows, though parents at the last say they've already held lotteries.

In an interview Monday, Taylor told Metro the CBE's own staff believe it could throw open the doors of any new sites 12 months earlier.

"We're prepared to offer our in-house expertise on design and construction to make sure that any new schools that are built will be ready by 2016 … for us, it's about getting the schools in time for the surging student demand that we see coming over the new few years," Taylor said.

"We want to make sure these schools are built and built quickly," she added.

CBE trustee chair Sheila Taylor has said it's hoped any new schools announced this year will be ready for students in September 2016. The public school system saw 3,600 additional students register for class in the fall. METRO FILE

Parker Hogan, McIver's press secretary, described the relationship between the infrastructure ministry and the board as a "partnership," but said it would be premature to speculate on construction methods, given that the new schools have yet to be announced. JEREMY NOLAIS/METRO

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PANORAMA Mountain Village

Sushi joint open again after mouse-dropping discovery

Fuji Yama. Restaurant drawn up on six critical health-code violations as well as three others

BRYAN WEISMILLER
bryan.weismiller@metronews.ca

Health inspectors shut down a Beltline sushi restaurant last week after finding a "significant amount of mouse droppings," a live critter in the bar and other upkeep issues.

Fuji Yama on 17th reopened a day after being closed by provincial authorities on Jan. 27.

Alberta Health Services spokesman Bruce Conway acknowledged the findings would likely provoke squeamishness but said "it does happen from time to time."

Six critical health-code violations and three others were reported on Jan. 24 during a routine inspection.

Rodent excrement was found in "several areas," such as the pop dispenser closet, dry storage shelving and bar area.

Other critical violations included sanitizer without chlorine, no paper towels in the staff washroom and raw frozen meat refrigerated in containers without lids.

Non-critical offences consisted of rusty shelving, missing tiles and an "extreme build-up" of food debris on the rice cooker.

Provincial authorities ordered the closure when the owner failed to clean up the entire collection of mouse droppings after three days, among other lingering concerns, according to an AHS report posted online.

On Monday, owner and head chef Francis Tam denied knowledge of the closure and told Metro he was "busy for now" before declining to answer further questions.

Conway encouraged wary foodies to check out their searchable database at AlbertaHealthServices.ca.

"That's why we have this endeavour," he said.

A sign confirms Fuji Yama is back open for business after being closed for health-code violations. BRYAN WEISMILLER/METRO

Peace officers commended for river rescue

Peace officers D'Arcy Hare, left, and Bob Hope were lauded Monday for helping to save a woman clinging to an icy ledge on the Bow River. BRYAN WEISMILLER/METRO

Two Calgary Transit peace officers were hailed as heroes Monday as they recounted a daring Bow River rescue.

D'Arcy Hare and Bob Hope were crossing the Langevin Bridge on Saturday night when one of the officers spotted a woman in the icy river.

The officers parked, called for backup and headed down to the south side of the riverbank.

"Her hair had begun to freeze completely; she had closed fists and wasn't able to speak to us much," said Hope, a 25-year veteran.

The pair pulled the woman — identified as a part of the city's "vulnerable" inner-city population — roughly 12 metres to safety. First responders arrived on scene and took the woman to hospital.

Reporters were told Monday that she had recovered.

Brian Whitelaw, transit's head of public safety, called his officers heroes.

"Officers … maintain a watchful eye for people's health and safety at all times, but this is not something that they train for," Whitelaw said.

BRYAN WEISMILLER/METRO

Safe service

Local gas lines set for replacement

ATCO Pipelines has announced it plans to begin replacing high-pressure natural-gas pipelines that currently operate in densely populated areas of Calgary. METRO

Reckless discharge

Man jailed for shooting cops

A central Alberta man has been sentenced to eight years for shooting and wounding two Mounties during a standoff. Bradley Beaver, 40, pleaded guilty to three counts of reckless discharge of a firearm. Several other charges, including attempted murder, were withdrawn.

THE CANADIAN PRESS

Calgary Zoo

Meerkat dies of pneumonia

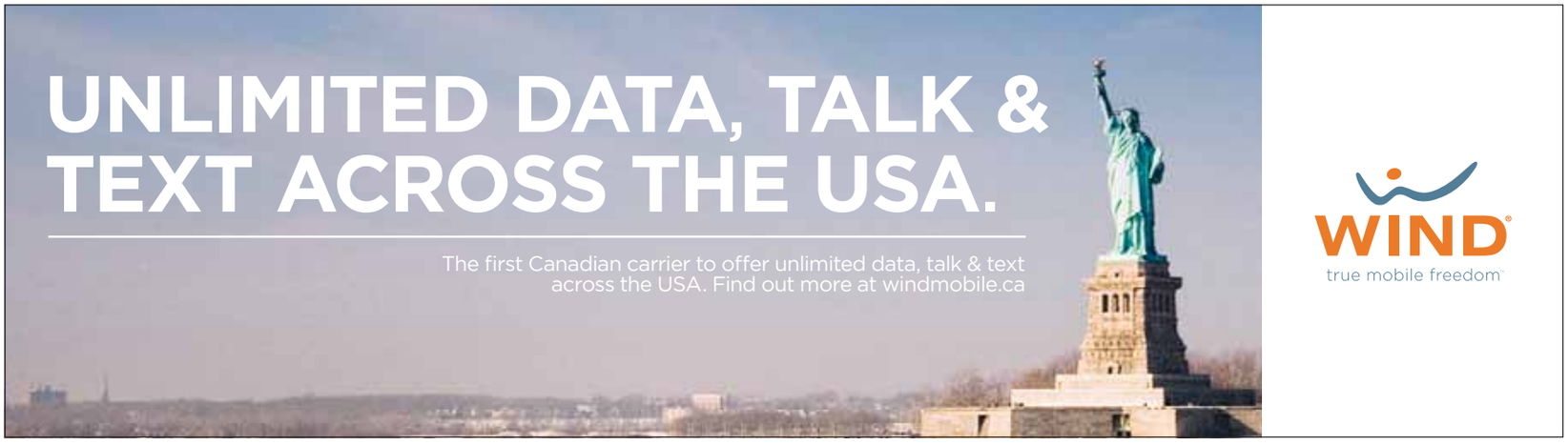
Calgary Zoo officials recently bid goodbye to Penelope, an aging meerkat that died of pneumonia.

Test results confirm Penelope had been "concealing her illness for some time," according to zoo officials. She died Jan. 14. BRYAN WEISMILLER/METRO

Amazon.ca ranking

Calgary not the city of lovers?

Calgary has been ranked Canada's 13th most romantic city, according to Amazon.ca. The list was compiled using sales data related to romantic novels, movies and CDs. METRO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Vancouver coun. meets IOC execs

Sochi. Meeting to discuss LGBTQ rights proves hopeful

KATE WEBB
Metro in Vancouver

It took Vancouver Deputy Mayor Tim Stevenson just three days after arriving in Sochi, Russia, to get what he came for: A meeting at the office of the president of the International Olympic Committee (IOC).

The openly gay city councillor travelled across the world with the full backing of his hometown, a former Olympic host city, to urge the IOC to add sexual orientation to its charter among other unacceptable forms of discrimination. He came away hopeful it will do just that.

"I'm pinching myself a bit," he told Metro on Monday in a phone call from the subtropical Russian city, just hours after meeting with two of the IOC president's senior staffers.

"It's far more hopeful and I am far more positive than I thought I would be."

Stevenson was thrilled to be able to sit down for 75 minutes with Jochem Farber, the head of the president's executive office, as well as IOC director of communications Mark Adams.

"They basically said that with the new president, (Thomas) Bach, he is instituting a whole renewal program of the IOC and everything is on the table for discussion with the members, including sexual orientation," Stevenson said.

The sweeping review, known as "Olympic Agenda 2020," will be discussed in the coming days by the 100-plus members of the IOC. **WITH FILES FROM THE ASSOCIATED PRESS**

Vancouver Deputy Mayor Tim Stevenson, second left, and former VANOC spokeswoman Maureen Douglas, right, meet with IOC execs Jochem Farber and Mark Adams in Sochi, Russia, on Monday. COURTESY IAN JONES/IOC

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CSEC chief denies privacy breach

The head of Canada's eavesdropping agency says an effort to understand airport wireless systems did not breach the privacy of Canadians.

John Forster told a Senate committee that Communications Security Establishment Canada (CSEC) was merely collecting metadata, or data about data, and not the content of messages.

A document obtained by CBC indicates the pilot project was intended to help the agency locate kidnappers and terrorists.

The CSEC slide presentation suggests information was taken from an unidentified Canadian airport's free Wi-Fi system over a two-week period.

Forster says the agency was trying to build a mathematical model to help determine a communication pattern at a public location, in this case an airport. He says the model has subsequently been used in at least two cases to identify legitimate foreign targets.

Ottawa-based CSEC monitors foreign computer, satellite, radio and telephone traffic of people, states, organizations and terrorist groups for information of intelligence interest to Canada. It is a key player in the Five Eyes intelligence network that includes partner agencies from the United States, Britain, Australia and New Zealand.

THE CANADIAN PRESS

CSEC Chief John Forster
FRED CHARTRAND/THE CANADIAN PRESS

Dramatic increase

WHO predicts rise in cancer cases

The World Health Organization's cancer agency warns there will be 22 million new cases of cancer every year within the next two decades.

A report Monday estimated there were 14 million new cases in 2012, but predicted that figure would jump due to global aging and the spread of cancers to developing nations. **THE ASSOCIATED PRESS**

Lev Tahor children

Kids must return to Quebec: Judge

An Ontario judge has ruled that children from an ultra-Orthodox Jewish sect, who left Quebec while social services was investigating the community, should be returned to that province.

Members of the Lev Tahor community were under investigation last year for issues including children's health and allegations they weren't learning the curriculum. **THE CANADIAN PRESS**

Ahead of Sochi. Stray dogs targeted for killing

Thousands of stray dogs have been living amid the mud and rubble of Olympic construction sites, roaming the streets and snowy mountainsides, and begging for scraps of food.

But as the games draw near, authorities have turned to a company to catch and kill the animals so they don't bother Sochi's new visitors or even wander into an Olympic event.

Alexei Sorokin, director general of pest control firm Basya Services, told The Associated Press that his company had a contract to exterminate the animals throughout the Olympics, which open Friday.

Sorokin described his company as being involved in the "catching and disposing" of dogs, although he refused to specify how the dogs would be killed or say where they would take the carcasses.

The dogs have been causing numerous problems, Sorokin said Monday, including "biting children." THE ASSOCIATED PRESS

Defence. Security issue won't ruin Games: IOC

Heavy security and Russia's anti-gay law should not detract from the Sochi Olympics, IOC President Thomas Bach said Monday.

Bach also reiterated his defence of Russia's massive spending on the Winter Games, saying the money is going to the long-term transformation of the region. Speaking at a news conference four days before the opening ceremony, Bach again voiced his backing for Russia's ability to deliver a safe Olympics amid threats of terror attacks by Islamic militants from the North Caucasus. Tens of thousands of military and police personnel have been deployed to protect the games, as well as warships, anti-missile batteries and drone aircraft.

THE ASSOCIATED PRESS

Moscow teen arrested after shooting, killing 2

Police officers escort children away from School No. 263 in Moscow on Monday after an incident in which investigators said an armed teenager killed a teacher and a policeman before being taken into custody.

ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Weapons of choice. In addition to the small-calibre rifle, the shooter was carrying a short-barrelled rifle

A 10th-grade student with two rifles burst into his Moscow school on Monday, killing his geography teacher and a policeman in front of about 20 students, investigators said. His father played a key role in freeing those students before police stormed the classroom and took his son into custody, the city police chief said.

The student gunman also seriously wounded a second police officer who had responded to an alarm from the school, investigators said.

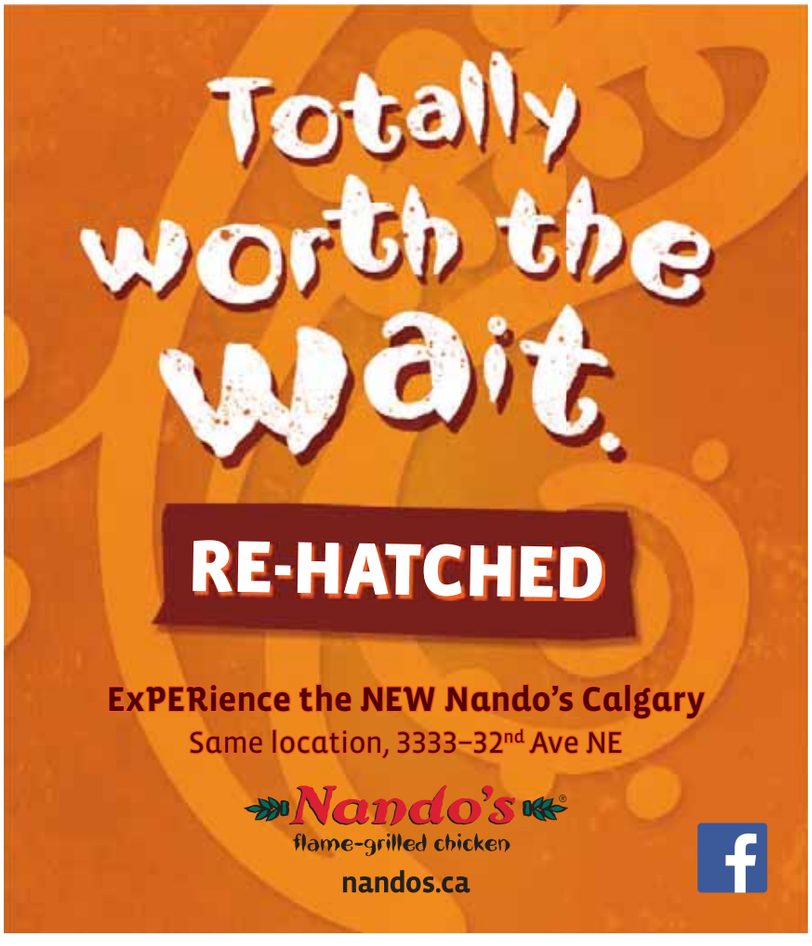
None of the approximately 400 children in School No. 263 at the time were hurt, said Karina Sabitova, a police spokeswoman. But students were so fearful that some ran from the building with their teachers without stopping to put on coats in below-freezing temperatures. The school in northeast Moscow is for children in grades one through 11.

The ethnic Russian teenager entered the school after threatening its security guard, who managed to hit an alarm before following the student to his classroom, said Vladimir Markin, spokesman for Russia's Investigative Committee, its main investigative agency.

"Without saying a word, he fired several shots at the geography teacher," Markin said.

The shooter fired at least 11 times from a small-calibre rifle, also killing one police officer and wounding a second, Markin said.

Investigators were questioning the father, the classmates, school staff and the security guard to try to determine why he shot the teacher, Markin said. THE ASSOCIATED PRESS



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They grow up so fast! Facebook hits the big 1-0

In an awkward phase. As the social media site enters its tweens, it aims to be effortlessly hip as whippersnappers like Snapchat bite at its heels

When a 2013 academic paper suggested Facebook could swiftly go the way of MySpace, the social media giant was able to laugh off the claims, showing that its client base was growing while the university in question was sliding.

Marking 10 years on February 4, Mark Zuckerberg's baby has reasons to celebrate. Over one billion of us now hold accounts, with a steady increase in monthly users in every region of the world. Stock value has soared past $150 billion after a disastrous initial flotation.

Yet there are growing threats to the global leader. Facebook's recent output; a flurry of recent apps such as 'Paper', which makes reading easier and integrates with Instagram; and 'Messenger', a no-frills riff on Snapchat, show the company is aware its crown is slipping in a white-hot competitive market.

Teenage users are down 25% in the last three years, and the company's own research highlighted "decrease in daily users, specifically among teens" as a leading concern. The classic formula is no longer enough, and the company is responding with creative gambles.

"The rate of change has to keep pace with both technical innovation, and the changes in consumer taste," Matthew Rhodes, director at FreshMinds digital strategy consultancy, told Metro.

Zuckerberg himself suggested it would take the next "three to five years" to transition from web to mobile company, in which time rivals such as Twitter and Instagram could have continued their rapid expansion alongside new competitors.

But Facebook's sheer size will prove an advantage says Nate Elliott, senior analyst at Forrester Research. "Every day they are giving people more reasons to come back, whether through their own innovations or stealing others." Elliott adds that competition is not a "zero-sum game" and that social media companies can grow simultaneously given the rate of user demand.

The company's major challenge will remain how to best monetize a free service, which could threaten their share price. "Given that it's the largest media property ever, marketers are not satisfied with Facebook performance, which is less effective than email marketing," says Elliott. "The company seems to consider it a second priority, but if I were them I would be working very hard to serve marketers."

Staying on trend

"Facebook is under massive pressure to keep changing and I expect to see a vast new ecosystem of standalone apps for different purposes."

Matthew Rhodes, digital-strategy consultant

Facebook CEO Mark Zuckerberg is seen at Facebook headquarters in Menlo Park, Calif., last April. JUSTIN SULLIVAN/GETTY IMAGES FILE

IMF report

Tories can loosen grip on budget

The feds can loosen its efforts to balance the budget by 2015 in the event of an economic downturn, the International Monetary Fund said. THE CANADIAN PRESS

Market Minute

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Home prices overvalued by 10%: TD Bank report

Canadian home prices are likely about 10 per cent overvalued given the expectations for rising interest rates, TD Bank said in a report Monday.

However, the bank also noted that the overvaluation in markets like Toronto, Vancouver, Montreal and Ottawa is likely more significant than in others across the country.

"These markets will likely feel the pinch from modestly higher interest rates over the next two years more so than others," TD economist Diana Petramala wrote in the report.

She noted that Montreal, Quebec City and Ottawa have been flooded with an overhang of inventory of unsold condos.

"Home prices have weakened in the second half of 2013 as a result and we expect that softness to persist in 2014," Petramala said.

The Canadian Real Estate Association reported last month that sales through its multiple listings service totalled 457,893 homes for 2013, up eight-tenths of a per cent from 2012.

The national average price for homes sold in December was $389,119, up 10.4 per cent from the end of 2012.

THE CANADIAN PRESS

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Get your financial future in shape

Savings advice. Two main vehicles available as you map out personal financial goals

YLVA VAN BUUREN
For Metro

"Every January, Canadians start thinking about getting fit. And every February, even though we should be thinking about it all year, most Canadians start thinking about retirement," says Dean Owen, a Saskatoon-based financial adviser with Advocis, the Financial Advisors Association of Canada.

Two important retirement savings vehicles are the registered retirement savings plan (RRSP) and the tax-free savings account (TFSA).

RRSPs were introduced by the federal government in 1957 to allow you to save for the future on a tax-sheltered basis. A big advantage is that contributions are tax deductible the year they are made, Owen said.

"And that gives you an immediate break on your tax bill."

But you will have to pay tax when you withdraw funds from your RRSP down the road. The amount is added to your income that year and taxed at regular rates. There may also be old age security clawbacks based on income.

"Withdrawing from your RRSP may push you into an income bracket where old age security is reduced."

The TFSA was introduced in 2008 and is also a registered account with the federal government. The benefit of a TFSA is that it allows your investment income and capital gains to grow tax-free, Owen said.

"You're never taxed on the growth, and any withdrawal is tax-free."

Also, TFSA funds will not affect eligibility for federal income benefits such as old age security.

The main disadvantage for many people is that TFSA contributions are not tax deductible when you contribute the money.

Contribution amounts

- **RRSPs:** 18 per cent of the previous year's earned income
- **TFSAs:** Up to $5,500 plus any unused contribution room from previous years (up to $5,000 annually from 2009 to 2012)
- Unused contributions for both can be carried forward

RRSP or TFSA?

It can be tough to balance the benefits against the disadvantages of both, Owen said. What's important is that you look at both in relation to your personal financial goals and situation.

"My general recommendation is that people with an income over $50,000 invest in both RRSPs and TFSAs. But if your income is below $40,000, an RRSP may not be your first or best choice."

Two important retirement savings vehicles are the registered retirement savings plan (RRSP) and the tax-free savings account (TFSA). BIKERIDERLONDON/SHUTTERSTOCK

Understanding RRSPs. Mistakes to avoid

TALBOT BOGGS
Smart Investing

The registered retirement savings plan (RRSP) is a popular vehicle for Canadians to save money on a tax-deferred basis for their retirement.

But RRSPs are not a retirement panacea, and there are a few things investors should be aware of and avoid when it comes to their plans.

"It's really important to understand RRSPs, their benefits, why you should contribute and what you shouldn't do," said Chris Buttigieg, senior manager of wealth planning strategy with BMO Financial Group.

"A lot of people make contributions but don't really understand some of the consequences of RRSPs, such as early withdrawals and benefits like tax-deferred growth."

Perhaps the biggest no-no associated with RRSPs is to withdraw money for any reason other than investing in the first-time homebuyers or lifelong learning plans, which allow you to withdraw certain amounts of money from your RRSP to buy your first home or go back to school and repay it within a certain period of time without paying tax.

Investors should be aware of RRSP mistakes and avoid them when it comes to savings plans. OLESYA FEKETA/SHUTTERSTOCK

The government taxes other early withdrawals very heavily. And there are other penalties.

Once you withdraw the money it is considered income and will be added to your total income, which you are taxed on as well.

Once you have withdrawn the money it is removed from the contribution room available to you and you cannot re-contribute it later. If you have $30,000 contribution room and take out $15,000, you are left with only $15,000 of contribution room.

And once the money is out you have to start over again to save it and you lose the compounding growth that you could have received if it had stayed in.

Many RRSP investors make their contributions to get their tax refund but end up leaving the money sitting in cash where it will make little or no interest. It makes sense to talk to a financial adviser about building a portfolio in your RRSP to maximize gains and limit risk.

"Once you've made your contribution and get your refund why not apply it to some debt like a mortgage or invest it in a tax-free savings account — it's like hitting two birds with one stone," Buttigieg said.

Many people also do not pay attention to their notice of assessment from the tax department after they have filed their income tax, which shows their RRSP deduction limit. You can overcontribute up to $2,000 for a year, but after that you are assessed a one per cent per month penalty.

Many people also overlook dedicating a beneficiary for their RRSPs.

If an RRSP holder dies and does not have a designated beneficiary such as a spouse, partner or dependent children, it can be transferred to the individual's estate and becomes subject to probate fees. It also becomes fully taxable.

"A lot of people simply make the mistake of not thinking about their retirement goals early enough in life and not developing a strategy for what to do with their RRSP savings," Buttigieg said.

THE CANADIAN PRESS
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PUTTING SEXY BACK IN SEXAGENARIAN

SHE SAYS

Jessica Napier
metronews.ca

I've always hated the phrase "a woman of a certain age." It implies that once a woman has reached a point in her life when she is no longer considered youthful, her exact age is simply unspeakable.

Many of my friends are turning 30 this year (although some prefer to think of it as the first anniversary of their 29th birthday) and while I still have awhile to go before hit that milestone, I've already started noticing some of the inevitable signs of aging. At my mother's insistence, I recently began a nightly ritual involving anti-aging creams infused with retinol and other gravity-defying serums that I'm convinced have a bigger impact on my bank account than my face.

In honour of her 60th birthday, Christie Brinkley appeared on the cover of this week's People magazine looking absolutely flawless—albeit a bit unnaturally smooth—clad in a bold one-piece bathing suit.

Part of me wants to believe that there is an aging portrait of Brinkley rotting away in an attic somewhere, but the blond bombshell insists that her mostly vegan lifestyle and a "joie de vivre" are what keep her looking like a fresh-faced supermodel. Plus her rigorous exercise routine, monthly facials, numerous hair extensions and, of course, a little help from Adobe Photoshop.

Brinkley isn't the only sexagenarian baring her body in the news this week. American Apparel—a clothing retailer renowned for their envelope-pushing campaigns featuring lithe bodies in leotards—recently revealed a new lingerie ad featuring 62-year-old model Jacky O'Shaughnessy. Unlike Brinkley's magazine cover, this image shows a woman with grey hair, lines on her face and folds in her stomach, and she still looks like a total babe. O'Shaughnessy probably has incredible genetics on her side and — if I had to guess — a lifetime dedication to sunscreen, but looking at these striking images of a silver-haired beauty in lace underwear and bright red lipstick gives me hope for the future.

It's refreshing to see women like O'Shaughnessy in the media embracing their age rather than desperately trying to reconstruct their face into some unrecognizable Botox-filled version of their former selves. The older women in my life are some of the most beautiful people I know. Not because they are trying to look younger and deny their true age, but because they take pride in their appearance. When my great aunt passed away last year I can remember admiring how elegant she looked in the hospital bed dressed in her finest pearls, nails polished and her hair immaculately coiffed.

Aging can be a difficult process to come to terms with, but I would rather be who I am now than turn back the clock 10 years. I'll accept that teenage pimples give way to adult wrinkles and feel fortunate that I have such great memories behind each and every laugh line.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Brazil's dark cloud makes waves

NASA

Microscopic life

An ominous-looking dark blotch has been spotted stretching 800 km along Brazil's Atlantic coast.

The black formation, pictured by Aqua, a NASA satellite that monitors Earth's water cycle, is actually a bloom made up of microscopic animals known as Myrionecta rubra. Viewed close up, the bloom is red, but a distortion of light on the water means it looks black from orbit. **METRO**

What is marine bloom?

- **Definition.** Fast accumulation in the population of algae in water.
- **Concentration.** Up to millions of cells per millilitre.
- **Cause.** Result of an excess of nutrients into waters. Higher concentrations of these nutrients lead to increased growth of algae and green plants.

Microorganisms steal from algae

Living a metre below the water surface, Myrionecta rubra are dubbed the thieves of the microbial world: Using a "straw," these fast-swimming unicellular organisms suck out chlorophyll from other algae, and then use the pigment for photosynthesis in order to obtain energy. However, Myrionecta rubra are not known to be toxic to other marine life or humans. **METRO**

Risk factor

Certain algal blooms can threaten other aquatic organisms and the safety of human drinking water. Blooms can cause damage by blocking sunlight and depleting oxygen required by other aquatic organisms, as well as produce potent toxins that can cause adverse health effects to wildlife and humans. **METRO**

Clickbait

DYLAN ROBERTSON
For Metro online

Planning your next vacation to a foreign land? These audio-translation apps may come in handy. Use your phone to order a beer, speak with cab drivers and even find sunscreen. Instant translation is literally in the palm of your hand.

Vocre:

Speak or type into your phone and have your phrases voiced out in 66 dialects. This app recognizes Canadian accents and slang, and can say your 'bon mots' in both France French and Quebec French. You can also have a slightly delayed conversation with this app. $4.99 for iOS, $1.02 for Android.

Google Translate:

This app lets you translate text instantly between 80 languages. You can also draw words in foreign scripts, like Cyrillic or Chinese, and have the text typed out. Free for iOS and Android.

Twitter

A man says he left Mexico this past December for a day of shark fishing and ended up spending 13 months surviving on fish, birds and turtles before washing ashore on the Marshall Islands thousands of kilometres away. How would you survive on the seas?

@MeToddScott: in the Pacific there are tonnes of plastic. They create mini reefs for fish. A net fragment and I'm in business.

Follow @metropicks and take part in our daily poll. Best tweets published right here.

Comments

RE: Video: Light humour, emotional ads rule Super Bowl, published online Monday, Feb. 3, 2014

Not a single one of these commercials made it to our TV. There was a Bell ad, several Rogers ads, and a bunch of 1-4 year old commercials such as the Mountain Dew one where the guy's spine should be crushed from the head-first collision.

ijdfc, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

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DVD review

Dallas Buyers Club

Director. Jean-Marc Vallee

Stars. Matthew McConaughey, Jennifer Garner, Jared Leto

Matthew McConaughey becomes a hero to the afflicted and a villain to outraged authorities in this fact-based 1980s story of a Texas rodeo playboy who refuses to go quietly after HIV cuts him low. McConaughey lost some 40 pounds for the role of redeemable rogue Ron Woodroof, playing him with a faultless blend of vinegar and honey. Jared Leto is the other hero of this David versus Goliath drama, directed by Quebec's Jean-Marc Vallée. McConaughey and Leto have both been nominated for Oscars, deservedly so, at the March 2 Academy Awards.

PETER HOWELL

Investigation

Stamped drug bags found at Hoffman's house

A law enforcement official says tests have confirmed there was heroin in at least some of the dozens of plastic packets in a New York City apartment where Philip Seymour Hoffman was found dead.

Officials are working to determine whether the drug was mixed or tainted with anything else. An autopsy was being conducted Monday. Police have been investigating Hoffman's death as an apparent overdose. Law enforcement officials said he was found with a needle in his arm.

Two officials said Monday that at least four dozen small packets were found in the apartment. Some of the one-dose packets were stamped with the ace of hearts symbol, and others with the words "Ace of Spades" and that symbol, another law enforcement official said.

Stamps are common as a form of drug-world branding.

THE ASSOCIATED PRESS

Hoffman's Hunger Games role to remain untouched

'Devastating loss.'
Actor's castmates and co-workers mourn loss, but Hoffman's role in his final films will remain intact save for a small rewrite

RICHARD CROUSE
scene@metronews.ca

Philip Seymour Hoffman played Plutarch Heavensbee in Catching Fire and the upcoming Mockingjay Part 1 and 2.
CONTRIBUTED

The news of Philip Seymour Hoffman's sudden passing was met with a heartfelt outpouring of grief from fans and those who worked with him.

"Philip Seymour Hoffman was a singular talent and one of the most gifted actors of our generation," Lionsgate, the studio behind the upcoming Hunger Games: Mockingjay Part 1 and 2, said in a written statement. "We're very fortunate that he graced our Hunger Games family. Losing him in his prime is a tragedy, and we send our deepest condolences to Philip's family."

Hoffman played head-games-maker-turned-rebel leader Plutarch Heavensbee in the successful series. It is a pivotal role.

In the wake of the actor's death, questions arose as to whether the uncompleted blockbusters-in-waiting would be completed in time for their scheduled November 21, 2014 for Part 1 and November 20, 2015 for Part 2 release dates.

Hollywood studios have handled the sudden death of cast members in many different ways. In some cases, films are even abandoned.

Production on Something's Got to Give was shut down permanently after Marilyn Monroe's August 1962 barbiturate overdose.

Dark Blood, River Phoenix's final film, was put into cold storage when the young actor died before filming several crucial scenes. But both movies were eventually resurrected. The documentary Marilyn: The Final Days used footage from Monroe's aborted film while Dark Blood sat for 19 years before being finished and shown at film festivals.

Father and son Bruce and Brandon Lee both died early, leaving behind unfinished films. The elder martial arts legend had completed 100 minutes of The Game of Death when a cerebral edema took his life.

Even more tragically, Brandon was killed on the set of The Crow in an accident involving a prop handgun.

Both films were salvaged with the use of stand-ins.

When Oliver Reed collapsed of a heart attack at a Malta pub after out-drinking a group of Royal Navy sailors, the editing crew of Gladiator replaced him digitally in the remaining scenes of the film.

More recently, Heath Ledger unexpectedly died during the production of The Imaginarium of Dr. Parnassus. He was replaced in the surreal story by three actors.

"I just started calling friends of Heath," director Terry Gilliam said. "It's as simple as that."

"Johnny (Depp), Colin (Farrell) and Jude (Law) turned up. It was important that they were friends, because I wanted to keep it in the family. I wanted people who were close to him because, as Colin said when he was doing his part, he was channelling Heath part of the time, so Heath was very much still alive in some sense.

"Contractually, it was supposed to be a Terry Gilliam Film," said Gilliam. "That's what the lawyers said, but I said, 'No way it's going to be that. It's going to be a film from Heath Ledger and friends.' The cast sat around one night and that idea came up and I said, 'This is it. Perfect. That's how we do it.'"

As for the upcoming Hunger Games films, reports now confirm that Hoffman completed work on Part 1 and had just seven days left of shooting on Part 2.

His absence will not require any recasting, just a rewrite of one scene. And so Mockingjay Part 2 becomes the final film in Hoffman's remarkable career.

"Words cannot convey the devastating loss we are all feeling right now. Philip was a wonderful person and an exceptional talent, and our hearts are breaking," reads a statement released by The Hunger Games author Suzanne Collins, the films' director Francis Lawrence, producers Nina Jacobson and Jon Kilik and star Jennifer Lawrence.

Honouring Hoffman

Broadway theatres in New York City will dim their marquee lights Wednesday night in memory of Philip Seymour Hoffman, the movie and theatre star who earned three Tony Award nominations. The Broadway League said Monday the lights will be dimmed for one minute starting at 7:45 p.m. Eastern time. Hoffman made his Broadway debut in Sam Shepard's True West with John C. Reilly in 2000 and followed it up three years later with Eugene O'Neill's Long Day's Journey Into Night with Brian Dennehy and Vanessa Redgrave. In 2012, he played a powerful Willy Loman in Death of a Salesman by Arthur Miller under the direction of Mike Nichols. Each time he earned a Tony nod. He also was a longtime supporter of the off-Broadway Labyrinth Theatre Company, where he served as co-artistic director.

THE ASSOCIATED PRESS

McSweeney's stays young at heart

The quirky indie publisher's children's imprint is dedicated to the growing families of the close-knit staff. Brian McMullen, the imprint's editorial and art director — as well as a father of two — discusses some of his favorite books.

DOROTHY ROBINSON
Metro World News in New York City

A funny thing happened to the publishing company McSweeney's: children began to appear.

Just as its fan base started to think about procreating, so did the tight-knit staff, which publishes the quarterly literary journal Timothy McSweeney's Quarterly Concern, the monthly magazine The Believer, an assortment of book imprints and other upscale, stylized publications.

"We're a small staff, and a lot of us were in our early 20s when we started working at McSweeney's," recounts Brian McMullen, who joined the operation in 2002 as an intern.

"McSweeney's has always been eclectic; it's always been open to publishing any kind of book irrespective of genre. The only real qualifying thing (to have us publish it) is that it's interesting to us as editors and as readers."

Quoted

"We found ourselves saturated in children's literature more than we used to be."

Brian McMullen, on the McSweeney's staff's growing interest in children's books

And what slowly became interesting to the full-time staff of nine were children's books. "We found ourselves saturated in children's literature more than we used to be," McMullen remembers.

Since its launch, McSweeney's would publish the occasional children's book, but once they saw the commercial and artistic appeal of the genre, they decided to devote an imprint solely to publishing creative, interesting kids' books.

And so, under the guidance of McMullen, the McSweeney's McMullens children's imprint was born. The first book came out in the summer of 2011 and as of February of this year, the imprint will have 12 picture books and three novels to its name.

As the staff also discovered, children's books fit very well with the McSweeney's brand. "There's so much potential with a picture book," says McMullen, who notes he has an invaluable, in-house marketing focus group for his books: his two sons, ages three and five.

"I've always been an editor and a designer, so I've always loved working with the push and the pull of the editorial and the art and design side of the book. I love being able to see the whole thing at once, thinking about the shape and the size and how the story should go and what the art should be all about," he says.

The Night Riders by Matt Furie

"This is a wonderful, wordless picture book. Furie took an entire year to draw it by hand with coloured pencil. I think half the customers of that book are people who bought it as a coffee-table book because they love the art so much. They're treating it almost like a monograph. There's a lot of slippage sometimes between what's an art book and what's a book for kids. I think a lot of the books we're producing get classified as both."

Crabtree by Jon and Tucker Nichols

"This is probably our best-reviewed and best-distributed book yet. Tucker Nichols is a gallery artist in San Francisco. He worked with his brother Jon on this, their first kids' book together. Tucker uses the style that he uses for all of his artwork, which usually hangs in galleries, on this book for kids. ... It's just a beautiful book all about a guy who is an intensive collector and he has to go through all of his belongings and try to find his missing false teeth."

Hang Glider and Mud Mask by Jason Jägel and Brian McMullen

"This is a book I wrote with art by Jason Jägel. It's made in a Z shape and has two spines. You can start from one end and get one character's side of the story or you can start from the other side of the book and get the other character's side. The characters meet in the physical middle of the book. It's a sweet narrative and you can keep reading it in a continuous loop."

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so much was lost,
so many have given.

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John Mayer

Recovering tweetaholic Mayer has fallen off the webbed wagon

Look out, Twitter. John Mayer is back on the scene. After making a big deal of quitting the social media forum back in 2010, Mayer logged back on over the weekend with a cheerful, "I'm back. What'd I miss?" His return might have something to do with the fact that his girlfriend, Katy Perry, is the most popular person on Twitter. Or maybe he's gotten over his Twitter-induced writer's block. In 2011, Mayer explained why he had to quit Twitter: "I realized about a year ago that I couldn't have a complete thought anymore, and I was a tweetaholic," he said. "I had four million Twitter followers, and I was always writing on it. And I stopped using Twitter as an outlet and I started using Twitter as the instrument to riff on, and it started to make my mind smaller and smaller and smaller. And I couldn't write a song."

Top Chef Canada adds dash of Dean and teaspoon of Tori to its panel

Tori Spelling and Dean McDermott ALL PHOTOS GETTY IMAGES

Reality TV duo Tori Spelling and Dean McDermott will guest judge on the next season of Top Chef Canada.

Food Network Canada says Toronto Raptors forward Amir Johnson and star chefs Chuck Hughes, Lynn Crawford and Susur Lee are among the other guest judges for the season.

Seven men and seven women will compete on the new season, which premieres March 10 (at 9 p.m. ET/10 p.m. PT).

Food Network says it's the "most extreme season" of the series, in which chefs from across the country battle for the title and prizes, including $100,000.

Actress Lisa Ray returns to host and critique dishes alongside head judge Mark McEwan and restaurateur Shereen Arazm.

Last month, McDermott's publicist confirmed that the Toronto-born actor and Chopped Canada host had entered rehab for "some health and personal issues."

McDermott and Spelling married in 2006 and have four children.

THE CANADIAN PRESS

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metro

Romance in full Bloom for Orlando?

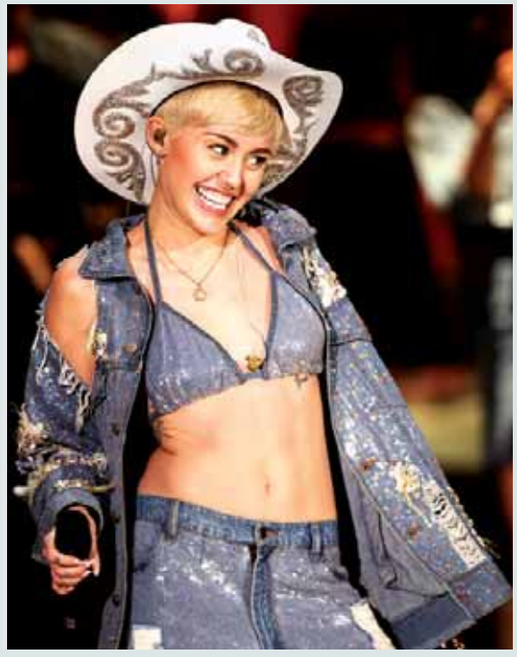
Orlando Bloom

While Orlando Bloom has been enjoying possibly the most amicable divorce in Hollywood history with his split from Miranda Kerr, he also appears to finally be entertaining new prospects again. Bloom was spotted recently at L.A. bar the Roger Room with French actress Nora Arnezeder, and though he was on his best behaviour sources could tell something was up, according to People magazine. "Orlando was there just with a girl and not in a group," a source says. "He knew that there were paparazzi outside so he was being very careful about his behaviour with her." The pair later shared a ride home on his motorcycle.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Think Miley's act is offensive? She doesn't give a Cyrus

MELINDA TAUB
Metro World News

Miley Cyrus could either be the next Madonna or the next Howard Hughes. The next Michael Jackson or the next, well, Michael Jackson. In other words, she could be an enduring superstar or completely flame out, and a new profile by Ronan Farrow (who knows a few things about growing up in a celebrity bubble) in W makes both possibilities seem equally likely.

Among the details we learn about Miley: She apparently hates to leave her house, doesn't listen to people unless they're talking about music, and relates strongly to Blanche Dubois, the mentally frail heroine of A Streetcar Named Desire.

Some of the things Miley doesn't like to listen to are the accusations that her act, which frequently involves spanking and groping women of colour and little people, is offensive. "I don't give a s—," she says. "I'm not Disney, where they have, like, an Asian girl, a black girl, and a white girl, to be politically correct, and, like, everyone has bright-coloured T-shirts. You know, it's like, I'm not making any kind of statement. Anyone that hates on you is always below you, because they're just jealous of what you have."

Probably it's not a great idea to respond to accusations of racism with, "You're below me." That could be misconstrued. Or correctly construed.

Miley's own cast, though, also spoke out in her defense.

"I say, 'Bah, humbug' to that," African American backup dancer Amazon Ashley says to critics. "Miley treats me with the utmost respect. Twerking is my act. It's what I enjoy; it's who I am."

Little person Brittney Guzman agrees. "When she grabs my boobs, we're just having fun," she says. "It's not degrading."

"We're just having fun" has never sounded so creepy.

Don't let your 2014 resolutions fizzle out

One month in.
Whether it's working out or breaking a habit, there are ways to get back on track

MELISSA DUNNE
life@metronews.ca

You are likely to slip but dust yourself off and try again. ISTOCK

Mark Twain saw the glass as half empty in terms of New Year's resolutions. In January 1863, he wrote "Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual."

It turns out the great American writer wasn't far off the mark. Research by John Norcross, a professor of psychology at the University of Scranton, found 29 per cent of resolvers had already failed 14 days in and by February that number jumps to 36 per cent.

Mere hours into Jan. 1, I was guzzling Diet Coke straight from a bottle left over from a holiday party, though giving up the stuff was my resolution.

Like many Canadians, my desire to stick to my New Year's resolution quickly fizzled.

The first mistake I made in January was failing to modify my environment, says Norcross. Having soda in the house was akin to walking outside in six-inch heels after a polar vortex and expecting not to slip.

On Jan. 2, I should have poured the pop down the drain, not down my throat. But my will to try went flat and I was back to drinking about two litres of caramel-coloured, aspartame-spiked, carbonated syrup per day.

This was another classic resolver mistake.

"A little slip is not a total fall," said Norcross, a man who has literally written the book on making changes stick.

You will slip. The trick is to dust yourself off and try again, not lie on the ground surrounded by empty pop bottles. Norcross points out a study that showed 71 per cent of eventually successful resolvers said their first slip actually strengthened their resolve.

On Jan. 9, I resolved to white-knuckle my bête-noire anew, determined not to turn red from the embarrassment of failing this time.

So far, I have crushed my habit like those thin aluminum cans that used to fill my recycling bin. While Norcross' research shows by Canada Day 56 per cent of resolvers have given up, that means 44 per cent are still bubbling with optimism.

Twain be damned, in 2014 I'm going to see my glass as half full of soda ... water, thank you very much.

Get back on track

Have you already given up on your resolution for 2014? Get back on track with some tips from John Norcross, the author of Changeology.

- **Haters to the left.** Surround yourself with family and friends who support you and your goal.
- **Learn from the past.** Understand why you slipped and recommit.
- **Bribe yourself.** If at the end of every week you have stayed the course, reward yourself with anything from a pedicure to concert tickets.
- **Keep track.** Seeing your progress in black and white will keep you motivated.

For your phone

Carrot Fit (iPad, $1.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

A vengeful, talking computer monitors your weight loss in this darkly comedic fitness parody. Each day you type in your weight, Carrot reacts with outlandish insults and playful effects. Hilarious.

Half-Off

Elisha is now four weeks into her plan to lose 10 pounds in six weeks. But she's at an all-inclusive resort in Mexico on an emergency winter vacation. Will the all-day buffet and open bar do her in? Visit metronews.ca/voices/half-off to find out.

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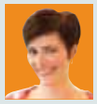

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You've seen the chain email that shows walnuts were created in the shape of your brain because they are brain food. And that carrots when cut into rounds look like eyes and are coincidentally good for eyes.

Google it! Kind of cool little quirky facts to kick around.

But the truth is, walnuts are good for lots more than just brains. They are also good for making ho-hum sandwiches, omelets, pastas and salads turn into amazing meals!

- Walnuts have been shown to reduce inflammation overall due to their good fat content.
- They contain high amounts of Omega 3, which has been shown to reduce the incidence of Alzheimer's, depression and ADHD, among other things.
- Walnuts are one of the highest anti-oxidant nuts.
- Consumption of them has been linked to reduced risk of diabetes.
- One study says that they can reduce the stress related to high blood pressure.

Creative ways to use walnuts

- Toss whole and raw into salads.
- Toast and use in place of croutons in soup.
- Grind and add to pastry dough or shortbread.
- Puree into hummus.
- Use as a base for blue cheese appetizers.
- Make a gremolata and use everywhere.

Walnuts pair well in both sweet and savoury applications, plus their crunch and nutrients are good for your brain ('cause that's the way they are shaped — ha!).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

What's crunchy, healthy and goes on pizza, pasta and more?

THERESA ALBERT
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Gremolata is just one of the creative ways in which you can use walnuts. COURTESY THERESA ALBERT

If you go too far and end up pureeing the nuts in the blender, add some Parmesan cheese and call it a pesto.

A quick pulse is really all you need to chop the nuts and keep them whole to make this topping known as Gremolata.

Traditionally, lemon zest is the key ingredient and the others, as well as their proportions, are as flexible as your imagination.

Once made, this keeps in the fridge for a couple of weeks and jazzes up every salad, sandwich, pasta, dip, flatbread, pizza... You get the idea.

Ingredients

- 1/2 cup flat leaf parsley (rinsed and dried very well)
- 1/2 cup walnuts (toasted lightly in a dry pan)
- 1 clove garlic (minced)
- 1 tsp lemon zest
- Pinch of coarse salt
- 2-3 tbsp extra virgin olive oil

1. Add all ingredients to a blender or mini-chopper and pulse until coarsely chopped. Store in fridge in a covered jar for up to 2 weeks. **THERESA ALBERT OF MYFRIENDINFOOD.COM**

FLASH FOOD

From your fridge to your table in 30 minutes or less

Is your breakfast making you fat?

A salad for breakfast? Don't rule it out. ISTOCK

LINDA CLARKE
Metro World News in New York City

Breakfast is the most important meal of the day, so you better do it right. According Dr. Rob Kominiarek in Ohio, if you don't choose wisely, you could be packing on the pounds before noon rolls around.

"The healthy breakfast is made of foods that don't raise your blood sugar," says Kominiarek. "Foods that raise blood sugar then raise insulin, and insulin is the fat-storage hormone.

"It tells the body to store fat.

"Foods that keep blood sugar stable are foods that enable us to use the available blood sugars and even stored fat."

To maintain stable blood sugars, choose low-glycemic promoting foods, like fresh vegetables (yes, even for breakfast) and fruits.

And opt for whole grains, as unprocessed as possible.

Processed food is more easily broken down in the body, releasing sugars more quickly into the blood stream.

Rolled oats, for instance, are more quickly digested into sugars than steel cut oats, or whole oat groats (grain).

Kominiarek says it doesn't matter what time you eat breakfast, as long as you "feel good throughout the day" and "follow up with healthy meals through the day."

Test your knowledge

Which breakfast promotes blood sugar spikes and possible weight gain?

- **A.** Scrambled eggs with peppers on arugula with 10-grain bread, avocado and a cup of berries.
- **B.** Steel-cut oats with added flax, walnuts and a cup of berries.
- **C.** Rolled oats with a cup of berries and a glass of orange juice.
- **Answer.** "The answer is C," says Kominiarek. "In a Harvard study, people who ate C, ate 80 per cent more food later in the day than breakfast A. Breakfast B led to eating 51 per cent more food later in the day than A."

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4 SPORTS

Super Bowl bets

Bookies boast record profits

Gamblers wagered a record $119.4 million at Nevada casinos on the Super Bowl, allowing sportsbooks to reap an unprecedented profit as the betting public lost out in Seattle's rout of the Peyton Manning-led Denver Broncos.

Unaudited tallies showed sportsbooks made $19.7 million on the action, the Gaming Control Board announced Monday. That's millions more than the past three Super Bowl wins combined.

The Denver Broncos were a 2.5-point favourite, but the Seattle Seahawks took the championship 43-8. Oddsmakers said Peyton Manning fans drove the unprecedented handle.

THE ASSOCIATED PRESS

Super Bowl bust

Business owner out $7 million

Seattle's victory in the Super Bowl has cost Houston furniture store mogul Jim McIngvale some $7 million.

McIngvale is the owner of one of the nation's largest independent furniture stores, Gallery Furniture. He promised customers who spent at least $6,000 in the past two weeks and took delivery before Sunday's game that he'd refund their purchase cost if Seattle won.

McIngvale said Monday his accountant is "pulling his hair out." He says he didn't do well financially, but did build his brand. He says the promotion was not covered by insurance.

THE ASSOCIATED PRESS

Penguins goalie Marc-Andre Fleury makes a save against the Senators' Mika Zibanejad in Pittsburgh on Monday night. GENE J. PUSKAR/THE ASSOCIATED PRESS

Pens' James Neal gives Sens raw deal

NHL. Pittsburgh forward scores 18th goal of season in OT

On Monday

Penguins	Senators
2	1

The Pittsburgh Penguins are continually refining their game with the playoffs approaching.

They looked ready Monday night.

Marc-Andre Fleury robbed former Norris Trophy winner Erik Karlsson with a sparkling third-period glove save and James Neal scored at 3:05 of overtime, giving the Penguins a 2-1 victory over the Ottawa Senators 2-1.

"I just tried to get my leg, my glove over there and try to stop it," Fleury said. "I was glad it went in my glove."

Neal netted his 18th for the Penguins, who are now 23-4 at Consol Energy Center. Pittsburgh also avoided back-to-back regulation losses for the first time since dropping three straight in early November.

Ottawa goalie Craig Anderson stopped Robert Bortuzzo from the slot in overtime, but the rebound went to Neal, who buried the dagger.

"When you don't score you sometimes try to pick corners and be a little too cute," Neal said. "I was able to find one tonight. It was a good feeling."

THE ASSOCIATED PRESS

Around the NHL

- **Red Wings 2, Canucks 0.** Justin Abdelkader scored twice while Jimmy Howard finished off a shutout that Jonas Gustavsson started in Detroit's win over Vancouver.
- **Avalanche 2, Devils 1 (OT).** Ryan O'Reilly scored a power-play goal 28 seconds into overtime and Colorado rallied to beat New Jersey.

NBA rounding into form by getting top heavy

Going into Monday night, the Indiana Pacers held the NBA's best record of 36-10. GETTY IMAGES FILE

Adam Silver is taking over the NBA at a good time.

In fact, for five teams, it's a really good time.

Indiana, Miami, Oklahoma City, San Antonio and Portland all enter the week with winning percentages of .700 or better, and that's significant.

Only one other time in league history — 1997-98 — have as many as five teams won at such a rate, that coming in a season when Chicago, Indiana, Utah, Seattle and the Los Angeles Lakers did the honours. It's conceivable that more than five finish with that good a record, with the Los Angeles Clippers and Houston still having realistic shots, too.

So in a season where so much of the narrative has been about how bad many NBA teams are, and with good reason, there's another end of the spectrum to consider as well.

At their current rates, Indiana and Oklahoma City are on pace to finish with two of the top 25 records in NBA history.

THE ASSOCIATED PRESS

On the flip side...

Milwaukee, meanwhile, would have the 11th-worst mark ever if the season was ending now.

- And going back to last season, including playoffs, the Bucks have lost 55 of their last 67 games (while the Heat have won 63 times in that same span, starting on March 20).

‘The pressure’s clearly on them’

Hockey. Great things expected from Ovechkin and Malkin’s Russians as they enter Sochi as ‘centrepiece’ of Games

Friends and family have been calling Alex Ovechkin and Evgeni Malkin for months, asking about Olympic tickets and wanting to know who was going to be on the Russian team.

“I field questions about Sochi always,” Malkin said. “I feel right now it’s pressure for the team, for me. It’s everyone.”

The Sochi Olympics are a showcase of a generation for Russia and Prime Minister Vladimir Putin, and with that comes the pressure of a lifetime for those taking part in the event the country believes it must win.

“I don’t think about it because I don’t want to take pressure right now on me,” Ovechkin said last month. “But it’s kind of hard to do. Every time when I go to the news and on the Internet, I just see about the Olympic Games.”

From a hockey standpoint, that means attention on Ovechkin, Malkin, captain Pavel Datyuk and NHL-star-turned-KHL-hero Ilya Kovalchuk, and the expectation of gold on Feb. 23 at Bolshoy Ice Dome. Anything less isn’t an option the Russians want to consider.

It’s similar to what Canada went through in Vancouver in 2010 with a need to show dominance in a national sport. Given that Russia hasn’t won gold since 1992, when it played as the Unified Team, there’s even more anxiety.

“I think that always goes with the territory,” U.S. general manager David Poile said. “It’s probably even more so because starting from the top with Putin, he’s wanted these Olympics; the centrepiece is the hockey. The whole Sochi is sort of a man-made area, if you will, just for the Olympics.

“They’re putting literally billions of dollars into this, and there’s no question that the hockey is the centrepiece of the Olympics. The pressure’s clearly on them. We’re going to see the best of the Russians, that’s for sure.”

Canada proved four years ago that pressure isn’t prohibitive to winning; that being at home can be an incentive.

With the whole world watching them in their country, the Russians hope they, too, can capitalize on the home-ice advantage. And Ovechkin believes that mentality is his team’s biggest strength.

“(The) most important thing is (it’s) us against the whole world,” said Ovechkin, who dreamed as a child of representing Russia in a home Olympics. “I don’t think somebody is going to be there ... to be just in the Olympic Games. Our mission is try to win the gold medal and play our best hockey.”

THE CANADIAN PRESS

Parallels of pressure

“We can relate, for sure. It wasn’t that long ago, and we all know how proud of a hockey nation Russia is, too.”

Sidney Crosby acknowledges the parallels between his gold-medal-winning Canadian team from four years ago and the 2014 Russians.

Russians Sergei Gonchar, left, Alex Ovechkin and Ilya Kovalchuk were skated out of the rink 7-3 by Team Canada at the 2010 Winter Olympics in Vancouver. The home team should have ample inspiration to get revenge as their quest for gold gets underway on Feb. 13 against Slovakia. BRUCE BENNETT/GETTY IMAGES

Thomsen at his best when he’s tuned out

Invermere, B.C.’s Ben Thomsen is confident heading into the Olympics after a second-place finish in Sochi during the 2012 season. JEFF MCINTOSH/THE CANADIAN PRESS

The biggest moment of Ben Thomsen’s racing career came two years ago in Sochi.

After a tough start to this season, the Canadian alpine skier is hoping to find some of that magic on the same Russian mountain at the Olympics.

Thomsen finished a surprising second at a World Cup downhill event back in February 2012, a result the 22-year-old believes will give him an edge at the Games.

“I’m definitely confident going back there. It was a huge part of my life and changed my life drastically,” Thomsen said. “It will be interesting to see what kind of feelings and emotions come up when I get there.”

The Invermere, B.C., native has had a mixed bag of results during his career, threatening the podium at some events while struggling badly at others. Thomsen’s recipe for success seems to be simple — don’t over think it.

“As I look back on my career, the times that I’ve done really well is when I don’t really know what I’m about to face and I’m just going into it full bore,” he said. “If I know a situation might be a little tricky I might kind of back off the throttle a little bit.”

THE CANADIAN PRESS

Ski patrollers packing heat

“Georgia is on the back side of the ski hill and getting off gondola stations, you’ve got five armed guards ... it’s a bit nerve-racking and unwelcoming when you’re from a place like Canada.”

Ben Thomsen, on security during his 2012 World Cup second-place finish in Sochi.

Austrian pastime

After missing the first three Winter Games, Alpine skiing joined the program in 1936. Ten gold medals will be awarded in Sochi in men’s and women’s downhill, slalom, giant slalom, super-G and super combined.

Did you know?

105

Austria has won a record 105 Alpine skiing medals at the Olympics, nearly twice as many as any other country. Switzerland ranks second with 56.

Who’ll lead Austrians?

Raich won’t be on hand for opening

Austria is in need of a new flag-bearer for Friday’s opening ceremony at the Winter Olympics as Alpine skier Benjamin Raich has delayed his trip to Sochi.

Raich will skip the Feb. 14 super-combine due to back problems.

THE ASSOCIATED PRESS

Hockey

Swedes select Nyquist to replace Franzen

Sweden’s Olympic hockey team has replaced an injured Detroit Red Wings forward with a healthy one. Gustav Nyquist was given a spot on the roster on Monday to replace Johan Franzen. THE ASSOCIATED PRESS

Cross-country skiing

Tough decisions ahead in Norway

Norway’s unrivaled depth in cross-country skiing is causing the team some problems ahead of the Sochi Olympics.

With a handful of medal contenders in nearly every event, the Norwegians face the prospect of having to drop either a double Olympic champion or a former world champion from the men’s individual sprint race.

Each team can enter four skiers, and Norway’s coaches have already promised spots to three athletes. The fourth was set to go to Petter Northug, the team’s big star who has struggled with illness this season.

But that would mean leaving out former sprint world champion Ola Vigen Hattestad in the fourth spot.

THE ASSOCIATED PRESS

Two-time Olympic gold medallist Petter Northug. GETTY IMAGES FILE

Horoscopes

♈ Aries
March 21 - April 20
You are in a domineering mood at the moment and won't hesitate to tell others how to do things. But anyone who tries to tell you will most likely wish they had kept quiet.

♉ Taurus
April 21 - May 21
You may find it hard to believe what you hear today but don't reject it out of hand because it may be true. Reserve judgment until later in the week when there are more facts available.

♊ Gemini
May 22 - June 21
Information will come your way today that enables you to put one over on a rival. All is fair in love and war so don't hesitate to use what you learn for your own benefit.

♋ Cancer
June 22 - July 23
It is important over the next 24 hours that you know when to speak up and when to stay silent. Important people will be either impressed or annoyed by what you have to say, so make sure you say the right thing.

♌ Leo
July 24 - Aug. 23
It might be tempting to work even harder and faster but you will accomplish more in the long-term if you start slowly and think about what you are doing.

♍ Virgo
Aug. 24 - Sept. 23
You may want to push ahead with a project that is close to your heart but according to the planets a colleague is having doubts and you must deal with those doubts first if you want to make progress.

♎ Libra
Sept. 24 - Oct. 23
Anyone who thinks you are not ambitious will get a shock today as you push yourself harder than ever. But while it is okay to be hard on yourself it is not okay to be hard on friends and loved ones.

♏ Scorpio
Oct. 24 - Nov. 22
You need to ask the right questions today and to do so you need to see your life for what it is, not what you wish it might be. Be completely honest with yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
According to the planets someone you work with is not being entirely straight with you. Before you go any further together in what you are working on demand to know where they are coming from.

♑ Capricorn
Dec. 22 - Jan. 20
Someone whose point of view is very different to your own will say something that you cannot let pass and most likely you will end up having a major argument. But that's OK. It's wrong to remain silent.

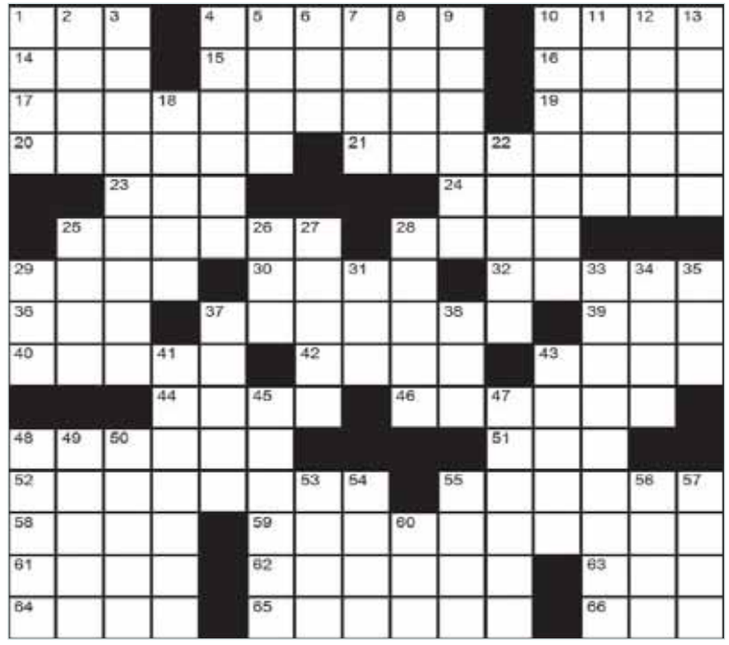
♒ Aquarius
Jan. 21 - Feb. 19
If you put your mind to it today you can change something about yourself that you have disliked for a very long time. How will you do that? By replacing a bad habit with a good habit.

♓ Pisces
Feb. 20 - March 20
You are so self-confident at the moment that you can't see the obstacle that is ahead of you. You will see it soon, in the meantime, ignorance is bliss!. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

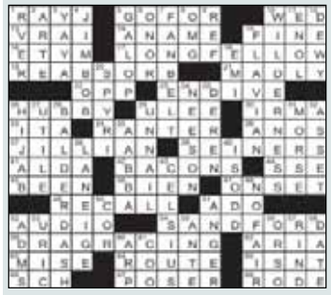
BY KELLY ANN BUCHANAN



Across
1. Troublesome-ly tote
4. Biggest thing since the Cronut
10. Shania Twain trophy, e.g.
14. Montevideo is its cap.
15. Sarajevo's locale
16. Bitterly bellyache
17. Science Centre in Calgary: 2 wds.
19. Comic strip, __ and Janis
20. Ms. Berry's
21. 1985 Michael J. Fox movie: 2 wds.
23. Frigid
24. Way to move a wheel: 2 wds.
25. Skincare brand
28. Vacationing spot
29. Computer company
30. Cart-pullers
32. Welsh poet Mr. Thomas
36. Clash
37. Secret
39. Wonderment
40. Certain carpeting
42. __ counter
43. Determine
44. Wedding gown trim
46. Studies
48. Dormant volcano in northwestern BC, Mount __
51. Peace sign's spelled-out shape
52. Guy friendship, often on reality TV
55. Mr. Whibley, Sum 41 frontman
58. South Dakota dam
59. Carly Rae Jepsen's new title role on Broadway
61. Sultanate of __
62. Haunted house hangouts
63. Turnaround, slangily
64. German philosopher, Immanuel __ (b.1724 - d.1804)
65. Scotland's Loch creature, affectionately
66. Bruce Cockburn's "__ _ Tree Falls"

Down
1. Particular Protestant, puny-ly
2. Fertilizer ingredient
3. Jonathan Swift classic, __ Travels
4. Particular TV network symbol: 2 wds.
5. Antarctica: __ Ice Shelf
6. Slitherer
7. It's a bug
8. Limerick's land
9. California competition for the Raptors
10. The __ Family on PBS' "Downton Abbey"
11. "The Brady Bunch" mom
12. "Girl You Know It's True" duo half
13. High up
18. Stress side effect, some say
22. Expressionist painter, Emil __ (b.1867 - d.1956)
25. Health food berry
26. __'easter
27. Rusty stuff, Iron __
28. Collectively: 2 wds.
29. Canadian actress Ms. Cook, et al.
31. Twilight
33. CTV's "The Social" co-host: 2 wds.
34. Grass appendages
35. '90s sitcom, "__ and Stacey"
37. Shopping spot
38. 5-5, in sports
41. Nourishment
43. Soeur's sibling
45. High-kicking performance
47. Very much opposed to
48. Novel with no paper pages
49. Television genre
50. Title comedy role for Adam Sandler
53. Quote
54. Tree-like Tolkien creatures
55. Metric system prefix meaning 'one-tenth'
56. Treble __
57. Bob Marley & The Wailers album
60. Insult, in slang

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1		2		9	5	4	
					6			2
5						3		9
	7		9			4	8	
				4				
	6	8			3		1	
2		7						1
8			5					
	4	5	8		1		2	

Yesterday's Sudoku

5	4	8	6	9	7	3	1	2
9	7	2	1	3	8	4	5	6
6	3	1	5	4	2	9	8	7
4	2	3	9	8	1	6	7	5
7	9	5	2	6	3	1	4	8
1	8	6	7	5	4	2	3	9
2	1	9	4	7	5	8	6	3
8	6	7	3	1	9	5	2	4
3	5	4	8	2	6	7	9	1

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -22° MIN: -22°	MAX: -19° MIN: -24°	MAX: -8° MIN: -22°

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